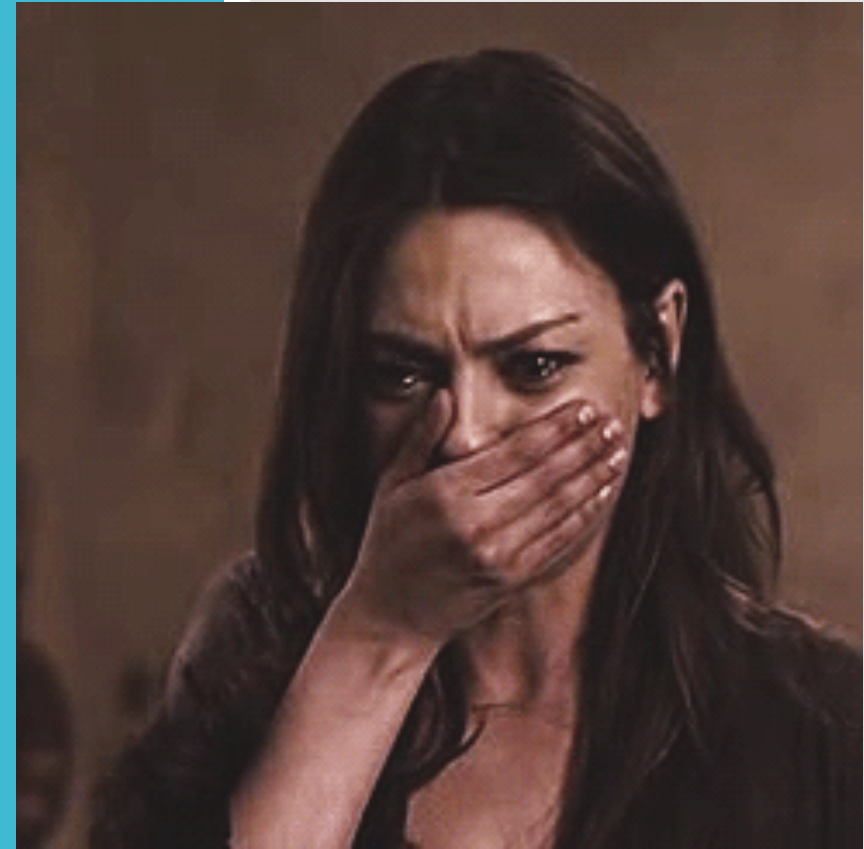


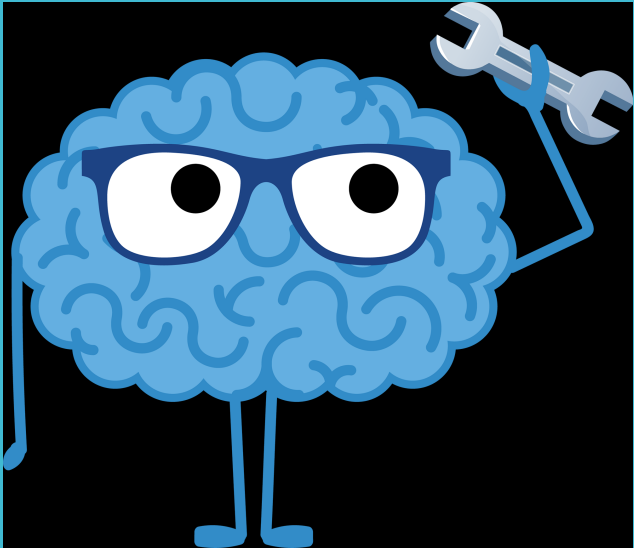
Incorporating Trauma Responsive Care in Interdisciplinary Practice

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Learning Objectives



- Ability to recognize symptoms of trauma exposure in clients.
- Ability to describe three elements of a trauma-responsive approach to practice.
- Ability to list two benefits of trauma-responsive work with clients.

Types of Trauma

- Racism
- Ethnoviolence
- Homo- or trans-phobia
- Historical trauma
- War, terrorism, or community violence
- Group trauma
- Exposure to domestic violence
- Sexual assault
- Loss of loved ones
- Accidents or natural disasters
- Medical injury, illness, or procedures
- Neglect
- Psychological maltreatment
- Child abuse
- Complex trauma
- System-induced trauma
- Secondary trauma



Ways Effects of Trauma Can Manifest



- Crying, yelling, or cursing
- Silence
- Inability to stay seated
- Not following directions or advice
- Illness or pain
- Not participating in activities
- Missing appointments
- Despite literacy, inability to read/comprehend materials
- Constant attempts at contact with professional
- Avoidance of contact with professional
- Overwhelming pessimism
- Checking out
- Self medicating

General Approaches

When you know or suspect your client struggles with the effects of trauma

- Take direction from client
- Meet in a quiet, safe place (check in with client)
- Provide food
- Be consistent
- Check in before and after court
- Keep your promises!
- Don't over-promise
- Take notes, or don't
- Ask for trauma-responsive accommodations



Specific Approaches

TERROR



May manifest as fight, flight, or freeze.

- Regulate – Be supportive and, if possible, remove client from situation
- Relate – Just Breathe with them
- Reason – Speak calmly about current safety, don't ask questions

Specific Approaches

FEAR



May manifest as defiance or anger and being unable to accept a “no”

- Regulate – measured breathing, “Will you walk outside with me?”
- Relate – “I see how distressed you are, let’s work to make this better.”
- Reason – write things down for later reference by client

Specific Approaches

GRIEVING

Client may seem resistant or ready to give up.

- Regulate – Offer tissues, sit in silence
- Relate – “I see you are sad.” “Tell me what you are missing the most.”
- Reason – Use somber ceremony with above. “Let’s write down what things you miss/would do differently/tried before.”



WHY?

For them

- Increases their ability to participate in their own cases and get their children back
- Helps them regulate to improve their ability to take in new information
- Helps them be seen and heard for who they really are
- Improves their ability to get ALL of their story out

For you

- Reduces secondary trauma (Improves your home life!)
- Reduces risk of complaints filed against you
- Models good behavior for those around you
- Improves your ability to offer high quality representation
- Keeps you in the work



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- Be available
- Be consistent
- Be calm
- Be simple
- Be fully present
- Be curious
- Be their true voice